

Greetings from the Diabetes Prevention & Control Program (DPCP) and welcome to the September 30th edition of the "DPCP FYI". Each FYI is received by over 350 diabetes care professionals in and around South Dakota. If you have trouble with the links or attachments, the e-bulletin is also posted on the DPCP website at <http://diabetes.sd.gov>. If you have suggestions for improvements to the FYI or if I can otherwise be of assistance, please let me know.  
Colette

This issue's topics~

- **HealthySD.gov offers Statewide Step Challenge**
- **Mount Rushmore Chapter of Diabetes Educators sponsoring *Special Issues in Diabetes Management***
- **SD Developing Diabetes Strategic Plan**
- **Revised *Educator's Guide* now available from the National Eye Institute**
- **Free Diabetes Information Available**

#### **HealthySD.gov offers Statewide Step Challenge**

The Governor's Healthy Challenge has been added to the Healthysd.gov website. This is a step challenge to encourage all South Dakotans to be active. Sign-up for the Challenge starts today with the actual steps being counted October 15th to November 15th. In making the announcement, Secretary of Health Doneen Hollingsworth, encouraged "people to put together teams with their family, friends and coworkers". To make it easier for people to keep track of their steps, the Department of Health will provide a limited number of pedometers to teams that sign up for the challenge. The pedometers are free and will be distributed on a first registered, first served basis. In addition the SD Bureau of Personnel is providing pedometers to state employees and their spouses. Get your team together today and go to [www.healthysd.gov](http://www.healthysd.gov) and click on "Governor's Healthy Challenge" to get signed up.

#### **Mount Rushmore Chapter of Diabetes Educators sponsoring *Special Issues in Diabetes Management***

MRCDE is holding its Fall 2005 conference on October 13th & 14th in Sioux Falls. Presentations include-

- *Diabetes and Cardiac Disease* by Dr. Philip Hooper of the University of Colorado Department of Endocrinology
- *New Issues in Diabetes Management* by Dr. Udaya Kabadi of the University of Iowa College of Medicine
- *Hear My Story: Engaging Patients in Behavior Change* by Teresa Pearson RN, MS, CDE of Fairview Health Services in Minneapolis

Further information can be found at <http://www.state.sd.us/doh/Calendar/Diabetes.pdf>

#### **SD Developing Diabetes Strategic Plan**

Organizations and individuals representing all aspects of diabetes including prevention, post-diagnosis care and education are working to develop a three-year strategic plan for diabetes in South Dakota, a first for the state. Four workgroups are currently working to develop a plan to best meet the needs of the people of South Dakota. A Partners' Conference will be held October 27th in Chamberlain. This 1-day meeting will allow attendees to review work to date and offer further input on the plan and its implementation. Finalization and implementation is set for spring 2006. Information about the Partners' Conference is available at <http://diabetes.sd.gov>.

**Revised *Educator's Guide* now available from the National Eye Institute**

The National Eye Institute has updated the educational tool: Diabetic Eye Disease: An Educator's Guide. This flipchart is designed to help diabetes educators explain to their patients the importance of receiving a dilated eye exam at least once per year, and the role of diabetes management in preventing vision loss.

Order your copy of Diabetic Eye Disease: An Educator's Guide at [www.nei.nih.gov](http://www.nei.nih.gov). Also available from the NEI are a CD-ROM that includes the English and Spanish version of the flipcharts, PowerPoint slide presentations, and other materials suitable for diabetes educators, their patients, family members and caregivers.

**Free Diabetes Information Available**

The DPCP and other programs within the Department of Health have information available through an online catalog. To access the catalog, go to [www.state.sd.us/doh/catalog.htm](http://www.state.sd.us/doh/catalog.htm). Diabetes information can be found under "Health Promotion", past the All Women Count (BCCCP and Wise Women) and Cardiovascular Disease headings. You can order materials from any of the programs. Some materials are purchased and those have a maximum you can order. When done entering requested amounts, go to "Proceed to Checkout" at the bottom of the page. The information and shipping is free of charge. Allow 2-3 weeks for materials to be received.

If you have been forwarded this message and would like to become a regular recipient or if you no longer wish to receive this information, please email [colette.beshara@state.sd.us](mailto:colette.beshara@state.sd.us).

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